

PALATAL EXPANSION INSTRUCTIONS

Turning: Insert key into hole and push toward back of the mouth until the next hole appears.

When turning the appliances with the key make sure to turn completely one turn – **if you do not** you will be **unable** to place the key in the slot the next time. After turning, gently remove the key, taking care not to reverse the turn. Choose a time that is convenient and **be consistent**.

Turn _____. **Please refer to your specific turn schedule.**

Care: Brush teeth at least twice a day, take care and brush well around the bands and brush the expander. Food can get caught between the appliance and the roof of your mouth. Rinse well to remove any lodged food.

Food Tips: Avoid sticky and chewy foods. **Avoid** popcorn that can be easily lodged between the appliance and the roof of your mouth.

What to expect: It will take a few days to get used to the feel of the expander. It may feel tight and uncomfortable at first. It is normal to feel pressure each time after turning. The pressure should go away within an hour after turning. The pressure may be felt in the teeth, cheekbones and nose. Tylenol or Motrin may be helpful during the adjustment period. Speech and eating may be awkward the first few days, but this is temporary. A Space may open between the upper front teeth during the first few weeks as the appliance starts to widen the jaw. This is expected.

TURN _____ DAY FOR _____ WEEKS

S	M	T	W	TH	F	S



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